



EAST LONDON CARES

JUNE 2023 SOCIAL CLUBS PROGRAMME

Free social events for over 65s

East London Cares social clubs are a space for older and younger neighbours to get together to share time, laughter, learning and experiences. **All of our social clubs are free and there's something new every month.** Social clubs are hosted online (using Zoom) and in person at various locations across Hackney and Tower Hamlets. If you'd like to know more, or would like us to talk you through this programme and how you can get involved, please call 0207 118 4949 to speak to the East London Cares team.

JOINING FACE-TO-FACE AND VIRTUAL SOCIAL CLUBS

Booking a place for social clubs is essential, as it helps us know who will be coming so that we can prepare and get in touch with you should plans change.

Face-to-face clubs take place in various locations across Hackney and Tower Hamlets. Places are often limited, so we ask that you call us to book a place in advance. Masks are optional, and we can provide one if needed – please let us know when booking.

Virtual social clubs are hosted online using an app called Zoom. You can join in using a laptop, smartphone or tablet with internet access. To take part **please call 0207 118 4949 (option 1) to book your place**, you'll then receive the Zoom details. Please note that a new meeting code will be created for each social club, so you will receive different Zoom details for each club you'd like to join. If you'd like some help getting setup on Zoom, give us a call to find out about our tech support programme.

East London Cares is an inclusive and welcoming community.

We strive to build community and connection, so discrimination of any kind will not be accepted in our programmes. If you experience or witness racism, homophobia, ableism or any other form of prejudice during our social clubs or other activities, please inform a member of the team.

To book your place or find out more about any of our social clubs, **please call 0207 118 4949 and select option 1** to speak to the team.

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COMING UP IN JUNE

Monday 5th June, 5pm-7pm: We are East London - story sharing club Face-to-face social club (Bethnal Green)

It's story time! This will be a brand new club, celebrating all the wonderful stories and memories you and other neighbours have to share. Come along to enjoy a summer evening of conversation, sharing your stories, hearing others, and the chance for you to have your photo taken professionally by our very own Elle! This is a drop-in club, so come whenever you can and stay as long as you like.

Call 0207 118 4949, text 07704338589 or email

Priyanka.chauhan@eastlondoncares.org.uk to get the full address and book your place.

Tuesday 6th June, 12pm-1pm: Wellbeing with Tim Virtual social club (online via Zoom)

We welcome back lifestyle and wellbeing coach, Tim, to lead us through some meditation and relaxation. This club is the perfect opportunity to take some much needed time out for mindfulness and connection with your East London Cares friends.

Thursday 8th June, 11am-12.30pm: Walk in the park Face-to-face social club (Stoke Newington)

Join your neighbours for a chance to wrap up warm, stretch those legs and have a refreshing walk around one of East London's parks. A great chance to get out of the house for a catch-up, get some light exercise and enjoy the warm spring air.

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Saturday 10th June, 11.30am-1pm: What the Tech
Face-to-face social club (Cambridge Heath)

Do you feel like improving your technology skills? Do you need support feeling more confident using your device to stay in touch with people online or find your way around using the internet? Bring your mobile or tablet and join your neighbours to strengthen your skills, or learn new ones whilst having a laugh and a chat. If you would like to go over anything specific, let Priyanka know!

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Friday 16th June, 11am-1pm: Tour of University College London (East)
Face-to-face social club (Stratford)

Join your neighbours to visit and learn more about University College London's east London campus. We will be treated to a tour of the space to learn more about the teaching that goes on there, meeting with student representatives and a tea and cake break. Let's learn more about the work happening there together.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 12pm on the 9th June, we will confirm if you have a place on the 12th June.** You can also text your interest to 07704338589 or email*

priyanka.chauhan@eastlondoncares.org.uk.

Saturday 17th June, 10am-11am: Yoga with Abi
Virtual social club (online via Zoom)

Abi from Supply Yoga will be leading us in some relaxing seated movements and stretches, using gentle, clear instructions to guide us into a relaxing weekend. All abilities welcome and can be done seated or standing.

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Wednesday 21st June, 11am-1pm: Stepney City Farm tour
Face-to-face social club (Stepney Green)

In the midst of the busy city, let's go see and feed some farm animals! Stepney City farm will be treating us to a tour of the farm to see and feed the animals, forage the nature growing there and learn more about the work they do.

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Thursday 22nd June, 5pm-6.30pm: Drumming with IROKO
Face-to-face social club (Cambridge Heath)

This hands-on drumming workshop provides the opportunity to learn basic African rhythms, polyrhythms, songs, chants and movements, filled with feel good beats and a chance to learn new skills with neighbours. No previous experience needed.

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Friday 23rd June, 4pm-5.30pm: Game show afternoon

Face-to-face social club (Bow - Roman road)

A game show for all our neighbours. This club will be a mix of games to get you thinking, get you moving, get you acting and maybe more. Join in for a laugh and a chat with your neighbours, may the best team win!

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Tuesday 27th June, 3.30pm-5pm: Celebrating our local café

Face-to-face social club (Bethnal Green)

We are being treated by one of Bethnal Green's most loved cafés! Join your neighbours for an afternoon of tea and treats in a bustling café, filled with community, laughter and chats.

Places are limited, so we will be operating a lucky dip booking system – please call to register your interest by 12pm on the 19th June, we will confirm if you have a place on the 20th June. You can also text your interest to 07704338589 or email priyanka.chauhan@eastlondoncares.org.uk.

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Friday 30th June, 2pm-3pm: Indian dance

Face-to-face social club (Bethnal Green)

An end-of-week boogie with your neighbours. Learn a small and sweet dance routine, get re-energised, and have a laugh with each other. In this club the style is Indian dance and it will be led by Priyanka, our Social Clubs coordinator and in-house dancer.

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COMING UP IN JULY

****Summer Fair Party****

Saturday 8th July, 1pm-3pm

Face-to-face social club (Homerton)

Time for our annual Summer party, and this time we are going for a fairground theme. Put on your brightest summer outfit and join your neighbours for a fun Saturday afternoon of games, music and treats. Looking forward to celebrating with you all.

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